

Gives New Life

Strengthens the Nerves.

When the blood is impure the whole nervous system becomes poisoned. It is impossible to throw off that terrible depression; and there is no ambition to work. But there is a way whereby you may again be strong and vigorous. Mr. Charles Richardson, of 37 Howick Street, Launceston, Tasmania, sends us his photograph and the following letter:



"I have my arms covered with sores that were worse than boils. They were deep and itched and caused great suffering. My blood was in an awful condition. At one time I had a severe attack of influenza. I could neither eat, sleep, nor work, and I was expected to recover."

AYER'S Sarsaparilla

Save me from both of these violent attacks. The first time it took all impurities out of my system, and the last time it built me up and gave me new life. Now I am strong, work hard, and sleep well."

Ayer's Pills are a safe and sure cure for all blood troubles. They are purely vegetable.

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COFFEE,
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Only a first class Bakery could furnish the above for this small sum.

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AN IMPORTANT MEETING OF
Honolulu Lodge No. 616, B. P. O. E.,
will be held at Progress Hall, Fort
Street, every Monday evening, at 7:30
o'clock.

All Elks are requested to be present.
By order of the E. R.
H. D. COUZENS, Secretary.

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NEW ATHLETIC CLUB ORGANIZED

A School of Physical Culture to Be Started in Palama District.

A new amateur athletic club is to be started in Honolulu, which will be conducted on strictly amateur lines, as are the athletic clubs on the Mainland.

The object of the club is to encourage outdoor, as well as indoor, athletics. James A. Fox, who for a number of years was athletic instructor of the Reliance Club, of Oakland, Cal., has been endeavoring for some time, with the assistance of a number of other young men to establish a similar organization in Honolulu.

Their efforts to find suitable quarters have at last been successful, and they have engaged the entire upper floor of the two-story building opposite the railway depot on King street. No better location could have been made, the location being but a few minutes walk from the center of the city, and so located as to receive the cool breeze that comes down through Nuuanu Valley, thereby making exercise a pleasure as well as a pastime.

The space to be occupied is thirty-five by seventy-five feet. A reading and reception room will be partitioned off from the gymnasium, and will contain a billiard table and all the latest papers and periodicals, so that those not desirous of exercising may enjoy the evening in other ways.

The gymnasium is to be fitted up with the latest improved punching bag, rowing machine, chest exercisers, and all the necessary apparatus for the building up of a good physique. The shower baths are so arranged on the veranda of the clubhouse that after exercising one is not needlessly exposed to a draught.

The club has already over eighty charter members. On Thursday evening next, at 7:30 o'clock, a meeting will be held at the clubrooms for the purpose of electing officers and adopting a name for the club.

Jimmy Fox will be the club's boxing instructor, and a better man for the position it would be hard to find. He has been in the boxing game for years as an amateur, and is one of the cleverest men on the Coast, and certainly the cleverest in Hawaii.

The initiation fee of the new club will be \$2.50, and the monthly fees \$1. The aim of the promoters is to provide a place where young men may learn how to box, under respectable auspices, and through a competent instructor.

As soon as the club is in working order a football team will be organized and put into training. Other outdoor sports will also be fostered.

The privileges of the clubhouse will be extended to the newspaper men of the city at all times, and free of any charge whatever. Members of the press will always be made welcome.

Included in the gymnasium equipment will be a Yale developer, an appliance that can be used with the utmost safety by those unused to athletic exercise; the contrivance being composed of elastic cords neatly bound, and having at either end arranged hooks, the upper one being attached into the handles—the lower ones are similarly connected to straps that fasten at the ankles, the latter being held in place by a second strap, thus forming a loop, and which the foot is slipped into thereby forming a strong resistance to the action of the arms while performing the various exercises. The gymnasium will also contain a compound air device for the cultivation of muscle, and for strengthening and increasing the capacity of the lungs.

Other apparatus of physical culture which will be procured are: A hydraulic rowing machine, with sliding seat and indicator, so graduated that one revolution is equivalent to 100 strokes, or one-third of a mile—based on Hanlon's time of thirty-two strokes per minute; a home trainer with an arrangement by which the rollers are made to revolve simultaneously when the operator runs or walks upon the same, and a wrist machine that is used for the purpose of strengthening the muscles of the wrist, and for broadening and rounding the forearm.

Fox recently received from Billy Delaney, Jeffries' trainer, the gloves used in the Jeffries-Fitzsimmons battle. They will grace the gymnasium of the new club.

Mainland Sporting Notes.

Bob Fitzsimmons is writing a book on "Physical Culture and Self-Defense." It will contain the statement that the writer has retired from the ring.

Tom Jenkins defeated Charles Moth of Milwaukee in a catch-as-catch-can wrestling match, winning two straight falls.

The Melrose Coursing Park at Oakland has been completed.

Gus Ruhlin will shortly issue a formal challenge to Jeffries.

The Constitution won again from the Columbia, gaining a decisive victory in fluky weather. The Constitution was becalmed and the Columbia ran past her rival and secured a lead of a quarter of a mile. Her advantage was short-lived, however, for the Constitution caught the wind and glided to the front in a marvellous manner, maintaining her lead to the finish, and increasing it constantly. The course was twenty-eight miles and the Constitution won by over four minutes.

In a fine southwest breeze over the 100 fathom mile course from New Haven to New London harbor, the Constitution again showed what a superb racing ship she is in light weather and smooth water. She beat the Columbia eight miles and twenty-three seconds, fairly as a breeze.

On July 28, the Constitution and Columbia started on another trial race, with a good fifteen-knot breeze. Columbia was away with a little the best of the start.

The Milwaukee of Milwaukee won the third trial race for the Canada cup. The Abbott, King of all trotters, who has been suffering from distemper, is still in bad shape and it is feared will not be able to meet Crescens in the \$12,000 match race at Brighton Beach, on August 10th.

Elenta won the 223 class trot at Cleveland, in three straight heats; best time, 2:09.4. Richard A won the 217 class pace; best time, 2:07.4. George won the 239 class pace; best time, 2:08.4. Tom P. won the 221 class trot; best time, 2:10.4. At Cleveland's Grand Circuit races Charles Hoyt went a heat in the 2:07 class pace in 2:06.4. Dan Patch won the 2:15 class pace in three straight heats; best time, 2:10.4.

SPORTS



J. S. FOX.

PROF. J. S. FOX, late boxing instructor at the Reliance Club, Oakland, California, and for many years amateur light and feather-weight champion of the Coast, has written a series of special articles for the Advertiser on the art of self-defence, the first of which appears in this issue. In introducing these articles the writer says:

"Every young man should learn to box. It is an accomplishment that affords him protection in unlooked-for quarrels, and sometimes renders him a protector of the weak; it instills within

him a spirit of confidence and courage; and is withal an invigorating, healthy and fascinating pastime. The art of boxing has reached its highest level. A contest is now ended with one blow. It is simply a question as to who can land that blow first, and it is my purpose to explain my method of delivering that knockout blow, how to land many other blows, and how to avoid receiving any of them. Not every man becomes a clever boxer, no matter how much he may work to that end. He must possess certain qualifications, just as it is absolutely necessary to possess certain qualifications to become a master in any other art."

NOW FOR THE CHAMPIONSHIP

The Advertiser's election of a baseball nine to represent Honolulu against a Coast team resulted as follows:

Catcher—Gorman (Stars).
Pitcher—Kaai (H. A. C.).
First Base—Mahuka.
Second Base—Moore (Stars).
Third Base—Lishman (Stars).
Shortstop—Williams (Makiki).
Right Field—Kiley (Stars).
Center Field—Joy (Police).
Left Field—Gleason (H. A. C.).
Substitutes—Dayton (H. A. C.), Thompson (H. A. C.), J. Marcellino (Stars), Lemon (Maile Hinas), Price (H. A. C.).

A heavy vote was recorded, showing that local interest in the national game is exceedingly well sustained.

The Honolulu Baseball League held a meeting last night for the purpose of arranging details of today's game between the Stars and the Honolulu Athletic Club. The game will be played at Punahou, starting at 3 p. m.

H. M. Whitney and Morris Keokakole will act as umpires, having resigned from the board of appeal of the league in order to be able to respond to an invitation to umpire the game.

Following are the teams:

Stars.	Catcher.	H. A. C.
Gorman	Pitcher.	Dayton
Castle and Babbitt	First Base.	Kaai
Davis	Second Base.	Price
Moore	Third Base.	Thompson
Bowers	Shortstop.	Williams
Brown	Right Field.	Gleason
A. Marcellino, Anton Louis and Aylett	Center Field.	Kaanol
Kiley	Left Field.	Hannaman and Jones

The batting order of the Stars is Moore, Gorman, Brown, Kiley, Davis, J. Marcellino, Castle, Babbitt, A. Marcellino, Bowers.

The game this afternoon will decide the city championship. The standing of the league teams up to last Saturday is as follows:

Stars	Won.	Lost.	Pctg.	For.	Agst.
Stars	3	0	100	50	29
H. A. C.	3	0	100	37	22
Artillery	1	2	33	39	47
Maile Hinas	1	3	25	63	70
Police	0	3	—	32	44

It will be seen that neither the Stars nor the H. A. C.'s have lost a game. They oppose each other for the first time this afternoon, and the contest should be a memorable one.

With the title of championship will go the President's cup, a massive silver trophy presented by Deputy Sheriff Chillingworth. The mug, which is a handsome affair, is on view in the window of Pearson & Potter, on Fort Street.

One of the Honolulu baseball nine election coupons sent in read:

Catcher, Judge Humphreys; pitcher, Judge Gear; first base, Acting Governor; second base, Secretary of Territory; third base, Attorney E. Cooper; shortstop, High Sheriff; left field, editor Republican; center field, John Emmeluth; right field, editor Advertiser. It was signed "Mazuma."

Should the Police win their game with the Artillery next Saturday, the Police, Artillery and Maile Hinas will tie for third place in the league.

It is probable in the event of such an occurrence that the three teams will arrange a schedule and play a second series of the games.

PROFESSOR FOX ON MANLY ART

First of a Series of Articles on Boxing by an Ex-Champion.

Before describing the blows, it is necessary that the reader should familiarize himself with the theory of leads, counters, feints, etc.

Leads—All leads are aggressive blows that start first. They are generally delivered when you are working toward your opponent, but may be delivered when you are retreating.

Counters—Counters are defensive blows and are generally used while working away or retreating, from your opponent, but sometimes they are used while working toward, or following, your opponent.

Guards—In guarding a left hand swing or a left-hand straight blow at the head, raise the right arm up and slightly extend it, at the same time turning the palm of the right hand out so that the force of the blow will strike on the muscles of the forearm. Keep the elbow lower than the glove and do not raise the arm too high; always hold it so that you can see your opponent over the arm. Do not try to push the blow away, simply stop it. In guarding a right hand blow for the head, use the left arm in the same manner. Do not try to guard or parry a body blow by striking it down, but let the blow strike on the arm or glove. As the blow lands hold the arm or glove tight to the body. While using the guard or parry for body blows, you may, by striking the blow off, be easily deceived by your opponent making a feint at your body which will cause you to strike off, thereby leaving an opening for the blow which follows the feint. It is much safer to jump backward to avoid body blows.

Time—Timing is judging or calculating the speed of your opponent's blows. Good countering depends on good timing. For instance, if you hit too soon your blows fall short; if too late, you either miss or receive a blow yourself. Correct timing means to hit in time to avoid being hit yourself, and to land your blow with all the force and weight you have.

Return—Every move possible should be studied to save all the time you can, thus increasing speed, force, and saving strength. In leading for all blows except swings, the arms should never be brought back, except for the left-hand body blow. In drawing the arms or shoulder back before hitting, the blow is "telegraphed" to your opponent and time is lost. No matter how quickly an arm or shoulder is brought back before hitting, the movement can be detected. In countering you never know what blow you are to counter, or on what part of the body or head you are to counter, until after your opponent's blow has started. You make up your mind what to do and do it after his blow is on the way. It should be remembered that it takes a blow a small fraction of a second to travel when delivered quickly. Your eye sees the blow start, your brain telegraphs the desired move to the muscles and they obey the command of the brain, all in a flash. It is clear to the reader that no time is to be lost in movements under such conditions. If you hit with accuracy and force your feet must be on the floor, or the left foot raised before the blow is delivered.

In countering, if you raise the foot and hit you lose time. To be sure it is very little time, but sufficient for your opponent to land a blow. If the foot are kept still when you counter no time is lost, as you are always ready for anything that comes when your feet are in proper position. You simply have to brace yourself with your right leg by quickly straightening it, at the same time starting the counter you wish to deliver.

It matters not whether countering at the head or body, always straighten up, with the right leg well braced.

(To be continued.)

Gus Ruhlin has been matched to wrestle Joe Acton in the Greco-Roman style, best two out of three falls.

Montalladi broke the track record at Butte, Montana, for seven furlongs. Time, 1:27.4.

Jockey "Cash" Sloan unavoidably lost a race at Moscow, Russia, and was savagely attacked by a rabid mob of males and females. He was rescued by a military contingent and a powerful detachment of police.

At Boston, William Stinson broke the world's bicycle record for two miles, making the distance in 3:12 1-5, over a second faster than the record.

Achie McEachern, the Canadian bicycle rider, defeated Albert Champion, the Frenchman, in a twenty-mile motor-paced race at Baltimore. Time, 32:37.4.

Nick Smith, a former noted Californian ball player, has been placed in an insane asylum.

The Whole Story in one letter about

Pain-Killer

(PERRY DAVIS')

From Capt. F. L. Loe, Police Station No. 6, Montreal:—"We frequently use PERRY DAVIS' PAIN-KILLER for pains in the stomach, rheumatism, stiffness, frost bites, chilblains, cramps, and all afflictions which befall men in our position. I have no hesitation in saying that PAIN-KILLER is the best remedy to have near at hand."

Used Internally and Externally.

Two Sizes, 25c. and 50c. bottles.

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ATTORNEY.

Hilo, Hawaii, Jan. 1

Dear Sirs—In my temporary

chased here in Hilo a jar of

PIN-MONEY PICKLES

(put up by Mrs. E. G. KIM

Virginia.)

It brought me great trouble

of three things must occur:

1. You must stop making

2. I must get them

3. I'm a ruined man.

Since my first venture into

"jars." My family from

every "Pickles," neighbors

bell and about "Pickles,"

me in expectation of "Pickles"

pickles are my Nemesis. Now

sirs, quote them by the bag

hogshead, ton or shipload, and

serve" me. Yours very truly,

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